



Sports Medicine, Joint Preservation & Cartilage Restoration

Kelechi R. Okoroha, MD

HIP, KNEE, SHOULDER, ELBOW

1801 Inwood Road, 1st Floor

Dallas, Texas 75390

Ph: 214-645-3300

www.KelechiOkorohaMD.com

Isolated Tibial Tubercle Osteotomy

Phase	Goals	Precautions/Restrictions	Treatment
Weeks 0-6	<ul style="list-style-type: none"> • Manage swelling and pain • Protect surgical site • Achieve and maintain good quad activation <ul style="list-style-type: none"> ○ SLR no lag • Symmetric knee extension by week 2 • Moderate irritability of knee <ul style="list-style-type: none"> ○ Swelling is improving ○ <5/10 pain 	<ul style="list-style-type: none"> • Weight bearing <ul style="list-style-type: none"> ○ Weeks 0-6 TWB ○ Locked in extension while WB • ROM restrictions: <ul style="list-style-type: none"> ○ 0-90 degrees for 2 weeks ○ Progressive ROM per tolerance ○ Do not force motion 	<ul style="list-style-type: none"> • PRICE • Quadriceps activation and strength should be emphasized • OKC hip strengthening in all planes • Cryotherapy/Modalities as indicated • Initial visit: FOTO, LEFS PRO
Weeks 6-12	<ul style="list-style-type: none"> • Progress to full symmetric ROM • Ambulate community distances by 12 weeks • Anterior Y-balance <4 cm difference • Low irritability of knee <ul style="list-style-type: none"> ○ Minimal swelling with activities ○ <2/10 pain 	<ul style="list-style-type: none"> • WBAT progressing to FWB • D/c immobilizer once SLRs with no lag • Progressive ROM • Avoid excessive patellar loading (deep knee flexion) • No running, cutting, pivoting 	<ul style="list-style-type: none"> • Begin CKC strengthening (avoid anterior knee pain) • CKC strengthening: <ul style="list-style-type: none"> ○ 6-8 weeks limit loaded knee flexion angle to 45 degrees ○ 8+ weeks limit loaded knee flexion angle to 90 degrees • Initiate exercise bike at 6 weeks • Cryotherapy/Modalities as indicated • Week 6: FOTO, LEFS PRO
Weeks 12-20	<ul style="list-style-type: none"> • Restore total leg strength • Return to run protocol at 12 weeks with MD approval • Isokinetic score of 70% 	<ul style="list-style-type: none"> • Slowly progress impact and plyometric activities as muscle strength allow • Avoid excessive loading of anterior knee 	<ul style="list-style-type: none"> • Progress CKC, single leg, multi-planar, and with resistance as tolerated • Initiate a run/walk program at 12 weeks • Start sports specific drills/training after 18 weeks • Cryotherapy/Modalities as indicated • Week 12: FOTO, LEFS PRO
Weeks 20+	<ul style="list-style-type: none"> • Performance/RTS testing • Isokinetic score of 90% • SL vertical jump 90% • Triple hop 90% 	<ul style="list-style-type: none"> • Return to sport progression per MD clearance 	<ul style="list-style-type: none"> • Sports specific training • Week 20: FOTO, LEFS PRO

This protocol is not meant to be prescriptive but a recommendation to guide the rehabilitation process.
Each patient's progress may vary based on specifics to their injury and procedure.



OkorohaPA@gmail.com



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Office number
214-645-3300